

# You Can Quit!

*Stop Smoking/Chewing  
Programs in  
Clark & Skamania  
Counties*



Office on Tobacco

## Suggestions to Help You Stay Tobacco Free

### Quitting Tobacco Takes Practice!

#### Use the 5 D's to cope with urges:

- ✿ Discuss **with a friend.**
- ✿ Delay -- **the urge will pass.**
- ✿ Deep **breathing.** Keep calm.
- ✿ Drink **water.** Four 16-ounce bottles a day
- ✿ Do **something else.**

#### ALSO...

- ✿ Get rid of all ashtrays.
- ✿ Avoid places where you used to smoke.
- ✿ Decide how you'll turn down a cigarette before it's offered to you.
- ✿ Exercise — go for a walk or bike ride.
- ✿ Put the money you save by not smoking in a big glass jar.
- ✿ Each morning tell yourself that you don't smoke.
- ✿ Remember how smoking stains your teeth, makes our hair and clothes smell bad.
- ✿ Hold a pencil in your hand while talking on the telephone.
- ✿ Remember, one cigarette is too many.
- ✿ Congratulations! Give yourself a reward!

This guide is not meant to replace the advice of a physician or other health care provider. You should not rely on any information in this guide or the web sites to replace consultation with a qualified professional regarding your own specific situation. A listing in this guide does not constitute an endorsement of any organization by the Southwest Washington Health District and none should be inferred. The SWWHD is not responsible for the content of the individual organization's web pages found in this guide.

**Southwest Washington Health District  
Office on Tobacco**  
2000 Fort Vancouver Way  
Vancouver WA 98663  
360-397-8416  
[www.swwhd.wa.gov](http://www.swwhd.wa.gov)  
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# Cessation Programs *Helping You Quit*

## In the Community



**Steps to Success — Smoking Cessation**  
*Mid-Columbia Medical Center, The Dalles*  
541-296-7202

Four sessions over four weeks.  
Follow-up session 4-6 weeks later.

**Breathe Clean Air for Life**  
*SW Medical Center, Vancouver WA*  
360-514-2190

Six-week session meets weekly.  
Scholarships available.

**Freedom From Cigarettes**  
*Kaiser Permanente, Vancouver WA*  
360-604-2070

Six 1-½ hour day or evening sessions over five weeks. Drug therapy available. For both members and non-members.

**Freedom From Smoking**  
*Providence Health Plan, Portland OR*  
1-800-562-8964

Eleven 90-minute sessions.

**Portland Adventist Medical Center**  
*Portland OR*  
360-699-4488

Six evening sessions. Free support group.

**Breathe Free: The Plan to Stop Smoking**  
*Seventh Day Adventist*  
*Vancouver or Stevenson WA*  
503-652-2225

Nine-day session. Offered periodically as requested.

**Veteran's Administration Medical Center**  
*Vancouver WA*  
360-696-4061 ext. 33969  
Smoking support group for veterans only.

## Over the Phone

**Washington Tobacco Quit Line**  
1-877-270-STOP (7867)  
Espanol: 1-877-2NO-FUME  
TTY: 10877-777-6534

Speak with trained expert on quitting - whether you just have questions, need a quit plan, or want to learn how you can support a family member or friend trying to quit. If no insurance or Medicaid, may be eligible for "Free and Clear" program, including nicotine replacement.

**National Cancer Institute**  
1-800-422-6237

Free publications on smoking and health. Telephone counseling with an information specialist.

**Pacificare**  
1-800-513-5131

One-to-one telephone counseling. Seven to ten calls for one year. Telephone follow-up and informational packet.

**Quitter's Hotline**  
*Portland Adventist Medical Center*  
360-699-4488, ext. 6611

Hotline number with recorded 3-5 minute message, changes daily, to quitters or potential quitters.

**Freedom from Cigarettes**  
*Kaiser Permanente*  
(360) 604-2070

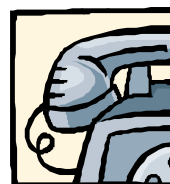
Elephone cessation counseling. Six sessions over six weeks.

**Free and Clear Program/**  
**Providence Health Plan**  
1-800-562-8964

Twelve months of stop smoking support including scheduled telephone support calls..

**National Cancer Info Center**  
**American Cancer Society**  
1-800-ACS-2345

Speak with cancer information specialist. Receive materials, resources.



## On the Web

**Quitline.com**  
Washington Tobacco Quit Line.  
[www.quitline.com](http://www.quitline.com)

**California Smokers' Helpline**  
University of California, San Diego  
[www.nobutts.ucsd.edu/default.htm](http://www.nobutts.ucsd.edu/default.htm)

**How to Quit**  
Centers for Disease Control and Prevention TIPS (Tobacco Information and Prevention Source)  
[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)

**Quit Net**  
A project of Join Together Online  
Boston University School of Public Health  
[www.quitnet.org](http://www.quitnet.org)

**The Smoking Cessation Center**  
Health channel of iVillage.com, The Women's Network  
[www.ivillage.com/topics/health/breathing/0,10707,230662,00..html](http://www.ivillage.com/topics/health/breathing/0,10707,230662,00..html)

**Quitting Smokeless**  
Help to quit smokeless tobacco. Extensive quit links.  
[www.quitsmokeless.org](http://www.quitsmokeless.org)

**American Cancer Society's Tobacco and Cancer Section**  
[www.cancer.org/epprise/main/docroot/PED/ped\\_10\\_3?sitearea=PED](http://www.cancer.org/epprise/main/docroot/PED/ped_10_3?sitearea=PED)

**Freedom From Smoking Online**  
American Lung Association stop smoking program includes counseling and supportive message boards.  
<http://www.lungusa.org/ffs/index.html>

